

4-2014

2014 Highlander Vol 97 No 6 April, 2014

Follow this and additional works at: <https://epublications.regis.edu/highlander>



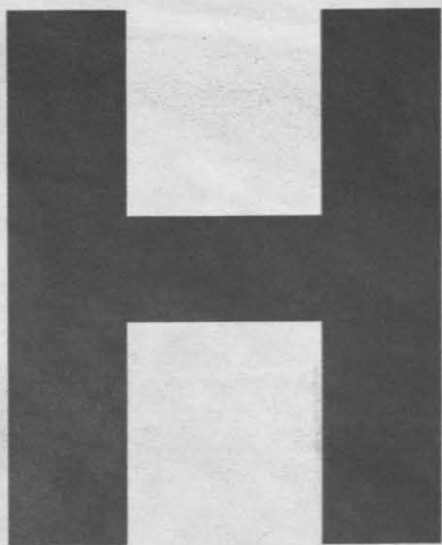
Part of the [Catholic Studies Commons](#), and the [Education Commons](#)

Recommended Citation

"2014 Highlander Vol 97 No 6 April, 2014" (2014). *Highlander - Regis University's Student-Written Newspaper*. 325.
<https://epublications.regis.edu/highlander/325>

This Book is brought to you for free and open access by the Archives and Special Collections at ePublications at Regis University. It has been accepted for inclusion in Highlander - Regis University's Student-Written Newspaper by an authorized administrator of ePublications at Regis University. For more information, please contact epublications@regis.edu.

Regis University's



Highlander

Volume 97, Issue 6

April 2014

Parties Spark Sexism Debate

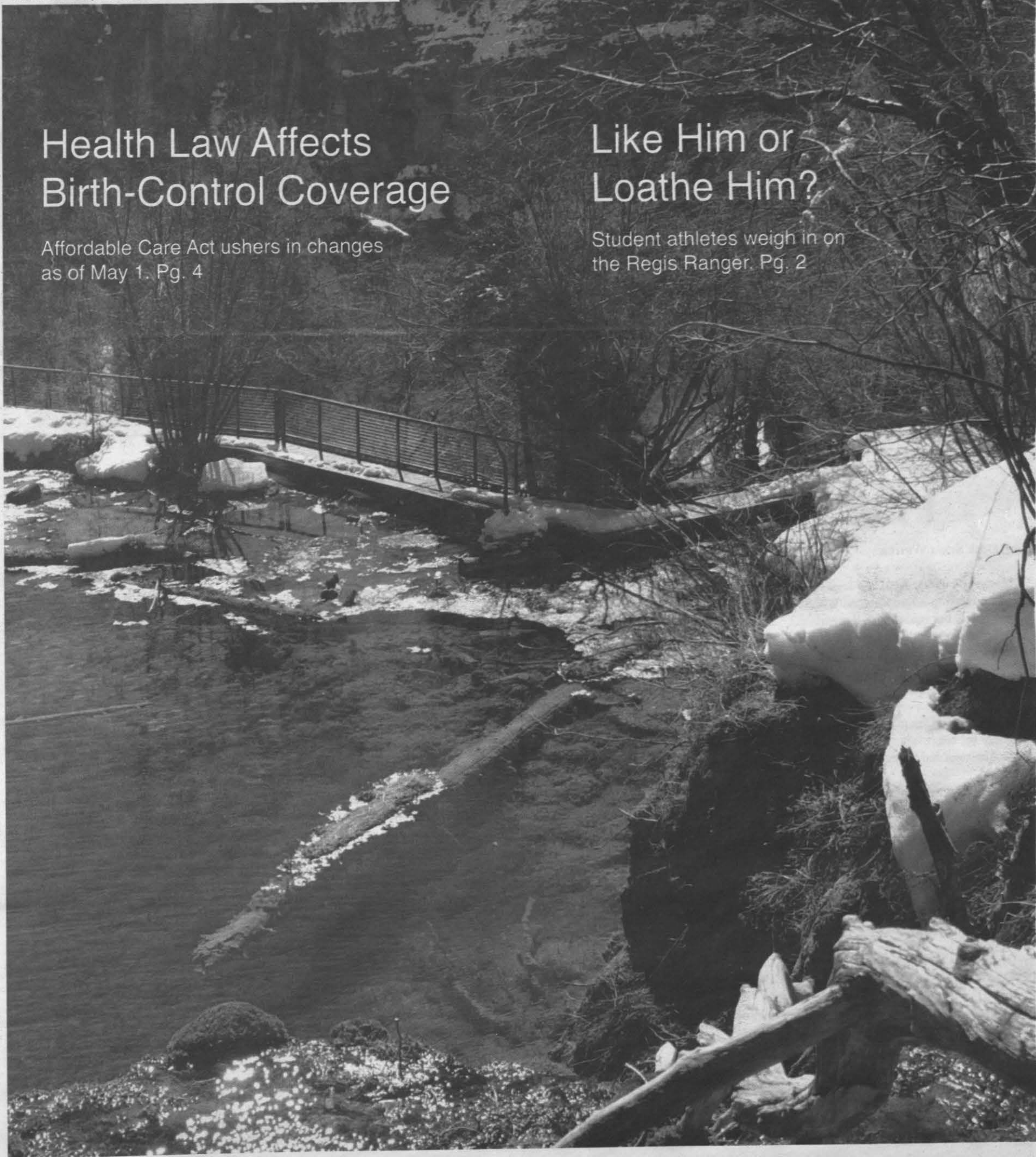
Some say "ho"-themed events are offensive, others say they're just for fun. Pg. 3

Health Law Affects Birth-Control Coverage

Affordable Care Act ushers in changes as of May 1. Pg. 4

Like Him or Loathe Him?

Student athletes weigh in on the Regis Ranger. Pg. 2



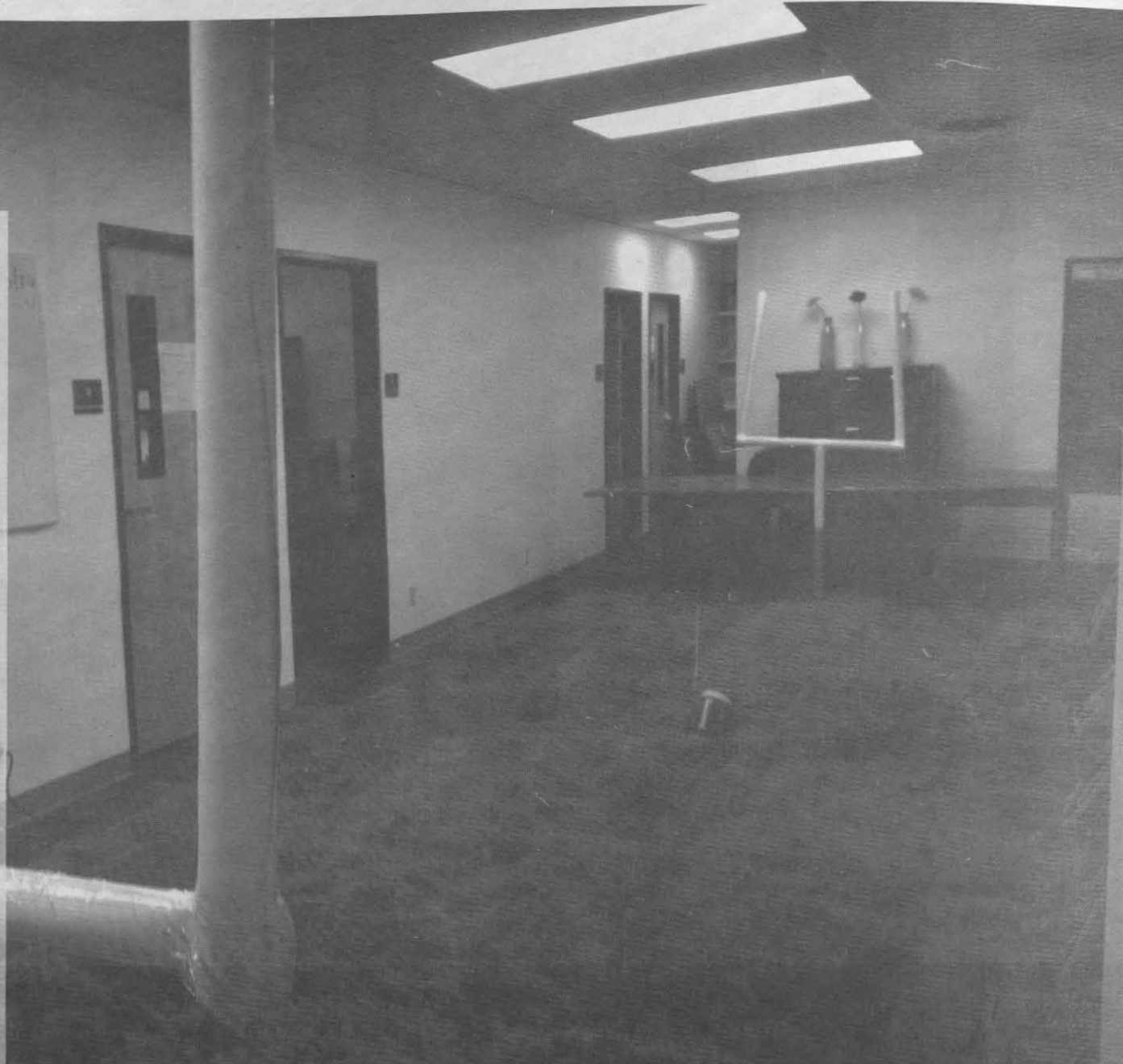
Students across campus were asked to share their favorite April Fools' Day pranks. Here's what they had to say:

1. You have something on your face. NOT! (5%)
2. Turn an empty toilet paper roll into what looks like #2 and leave it on the seat. (19%)
3. Texting a random number about a subscription to Cat Magazine. (23%)
4. Saran-wrapping a toilet seat. (41%)
5. Tell your parents something is severely wrong at school. (12%)

Top 5 Pranks:

(For detailed how-to instructions, visit <http://www.dumpaday.com/humor-pictures/april-fools-day-pranks-top-5-how-to-pranks/>)

1. Chicken bouillon in the showerhead
2. The Squirting Toilet Seat
3. Numbing gel toothpaste
4. Deodorant replaced with cream cheese
5. The Oreo Prank



Prank Wars

Ashley Karl ASSOCIATE EDITOR

At Regis University, there is an ongoing prank war between the Student Activities Office and the Office of University Ministry, known more commonly as UMin.

Last semester, the Student Activities Office decided to pull a prank on UMin by clearing out the conference room located

in the office and filling it with actual sod and grass, turning the entire room into a mini football field. This obviously caused a lot of laughs and stirred the pot for future possible pranks to be conjured up and acted out.

A member of the prank team, Terese Cabanting, enjoys the rivalry between the offices. "This year UMin struck first with a clever Mass of the Holy Spirit

advertisement, turning Stu Acts into a living ad, but on Halloween Stu Acts decided to even the playing fields by literally creating a football field in UMin, tying up the game," Cabanting said.

This was quite the show and ever since, the two offices have been pranking each other back and forth.

Student-Athletes' Perspectives

The Ranger: Friend or Foe?

Karli Denk STAFF WRITER

This year a new mascot and logo were introduced to Regis University, and appropriately our mascot is a Ranger! Although the mascot was a great addition to the Regis team, many students and faculty are not too keen on the representation of the Ranger.

Personally, I love the mascot, but probably for the wrong reasons! A mascot is supposed to provide comedic

relief during the game and mostly every mascot I have come in contact with does just that. Many students here at Regis believe him to be creepy and sexist but I think he is hilarious for a few reasons.

First of all, the Ranger's facial expression makes it look like he is supposed to be super dangerous and mysterious, but instead has a rather humorous effect. In addition, many people believe him to be sexist but when taking into consideration other mascots, he fits in just fine!

Ashley Karl ASSOCIATE EDITOR

Prior to doing my research, I came to the conclusion that the Regis Ranger is creepy and not appealing in any way. He also seems more eerie and strange than cheery and inviting, especially when he gets into your personal space and makes you feel uncomfortable as he stares, seemingly, into your soul. I had a very strong, negative opinion about the mascot on the day of the Regis Rally at the beginning of the school year where the new logo was revealed and the new mascot was pictured riding a mechanical bull with that unattractive snarl on his face.

Recently, I visited Logan Garvin, the assistant athletic director for promotions and marketing on campus, and he enlightened me about where the Ranger originated and how this has been a significant part of Regis University history.

Regis University has identified itself with the Ranger for almost 93 years now, as it was named in 1921 after a forest ranger in recognition of nearby National Forests. Since then, Regis has stuck with the Ranger and recognized it as a trademark of the University, especially the athletics department. Originally, Regis was an all-male school, which would make perfect sense as to why the Ranger is a "he." At first, I saw this as sexist, but

it is interesting to note that the newest mascot is in fact more gender neutral than those of the past; it is definitely more relevant than the coyote that previously held its place. Also, when facing the logo controversy, as this too seems sexist and a tad creepy, it was brought to my attention that there are a multitude of logos to choose from to counteract the negative remarks toward the Ranger logo.

Prior to the new logo this year, the old logo was a simple sheriff star. Garvin mentioned that this made it unclear whether we were associated with a "Texas Ranger" type mascot or a Forest Ranger. Thus, the new logo allows for the mascot to be clearer and the image chosen was meant to be more gender neutral as well, which is why the department refrained from putting a mustache on the Ranger.

The other logo options including RU with the shield in the background and REGIS with the Rocky Mountains in the background, which are two great options that also represent Regis very well. That being said, I think I can cut the Ranger some slack now, but I may still be hesitant if he reaches for a high-five!

Whether you feel like the mascot is wonderful and inspiring or weird and unpleasant, remember to always #RangerUp!



The Regis Ranger. Photo: Ashley Karl

Parties Raise Cries of Sexism

Sneha Antony STAFF WRITER

Pimps and Hoes. CEOs and Office Hoes. Workout Bros and Yoga Hoes. Notice a similarity among these college party themes?

For one Regis University junior who hosted a Workout Bros and Yoga Hoes party, the similarity is that the themes rhyme.

First-year molecular biology and genetics student Natalie Doggett has a different opinion. Doggett says the “ho”-themed parties are sexist and demeaning to women.

“It is repeating the idea that it’s okay to treat people like objects,” Doggett said.

The 20-year-old male party host (who wished to remain anonymous) laughed in disagreement.

“I think that anybody who says that (the parties are sexist) is looking for something to get offended by,” he replied.

Themed parties at off-campus locations are not a new phenomenon. “Ho”-themed parties, however, seem to be trending across colleges in America.

David Law, director of Student Activities, was aware of this trend at other universities. He was surprised to discover it persisted at Regis as well.

“You’d hope we would be beyond that at this point in higher education; particularly in an institution where we have more women than men,” Law said. “You’d think that there would be a sensitivity on men’s part.”

The term “ho” is short for whore or prostitute. Senior peace and justice major Hannah Jones takes issue with such rhetoric.

“Terminology like ‘ho,’ at the root of them, links feminine sexuality to something that is promiscuous,” Jones said. “The problem is that there is this false conception that women can or should only gain agency through their sexuality.”

Controversy has closely accompanied these party themes. Last year, university officials from California Polytechnic State University launched an investigation against a “Colonial Bros and NavaHoes” fraternity and sorority party. In this case, students involved were criticized for the use of both racial and sexual epithets in their party themes.

Senior history and peace and justice double major Shannon Hayes fears this slippery slope occurring at Regis.

“I don’t agree with those parties because what’s to stop them from making it more of a racial party?” Hayes said. “There is a line that they drew and it’s a pretty awful one.”

“Guys hear that (party theme) and they are like ‘Cool, there are going to be a lot of girls that I can hook up with’... They market to girls they can take advantage of.”

Director of Women and Gender Studies Geoffrey Bateman said “ho”-themed parties desensitize men and eat away at their respect for women.

“Then they don’t know any better when it comes to treating women as equal partners in the business world or in their own marriages and relationships,” Bateman said.

Many of the students who attend these parties feel students like Doggett are being overly sensitive.

“I think people take it out of context,” the party host said. “They take it pretty serious and I actually find that pretty funny, to be honest...I think the girls like it more than the guys because they like dressing up; it’s funner [sic] for them.”

A female friend of the party host supported the idea of the harmlessness of the party title.

“It’s college and people go out to have fun. I think it is just a fun theme,” the junior visual arts major, who also declined to be named, said. “I know girls want to show whatever they have off and guys want to see it. I don’t take any offense to it.”

A student (who wished to be kept anonymous) who attended the Workout Bros and Yoga Hoes party said he believes the party was themed strategically.

“I think those themes specifically are thought up to invite a certain promiscuity to it,” he said. “Guys hear that (party theme) and they are like ‘Cool, there are going to be a lot of girls that I can hook up with’...They market to girls they can take advantage of.”

Doggett said these are situations she opposes.

“I feel like they don’t see you as a person, they just see you as a piece of meat to go after. And once you eat a piece of meat, you’re done. It was just a part of another conquest.”

Regis psychologist and Sexual Assault Prevention Coordinator Mary Stall worries about the potentially dangerous situations women may be exposed to when attending these parties.

“There is very definitely a link between sexual harassment, even cat calling on the street, and sexual violence,” Stall said. “Anything that supports the culture that says it’s okay to objectify another person can be linked to violence.”

Some may consider the ho-themed party itself as sexual harassment, Stall added.

Title IX Coordinator Lorna Dwyer says the university has legal authority to investigate violations, such as sexual harassment, even if the conduct occurs off-campus.

Dwyer says most students are not aware of what constitutes sexual harassment.

“Many people think that just jokes or text messages privately sent from one person to another is not sexual harassment examples, and they are. If they are unwelcome conducts on the part of the recipient, it is sexual harassment,” she said.

The party host attests he had no such intentions.

“We were just thinking about stuff everybody had. I mean everyone has workout clothes,” he said. “I don’t think anybody finds these themes derogatory. If they did, they wouldn’t come, so obviously it’s just a word...People we are friends with, that are coming over, are smart enough to know that.”

Despite speaking out against the Workout Bros and Yoga Hoes party, Doggett is pessimistic any change will occur at Regis.

“The fact that there are people who don’t really see that they are being treated like an object and that their humanity is being ignored is really discouraging,” the 19-year-old said. “Even engaging in discussion is only going to do so much because some people are so used to things being okay just as they are. They don’t question it.”

But peers and administration remain optimistic.

“On this campus, we do have a very great voice because we are such a small population. We can get a lot done,” former student body president Hayes said.

Junior environmental science and peace and justice double major John Knudsen calls men to be allies to women.

“There are a lot of women on campus working towards these issues but not enough men working towards the battle. It takes participation from both genders,” Knudsen said.

Dwyer says the university is working on initiatives to educate students about Title IX and Campus Sexual Violence Elimination (SaVE) Act. She encourages students to report incidents that make them feel uncomfortable.

The party host says students have misunderstood a harmless party theme. Students like Doggett wish to change a sexist college party culture for the long term and beyond a university setting.

Intentional or not, one thing is indisputable: the Workout Bros and Yoga Hoes party has sparked conversations about sexism, equality and Jesuit values on Regis’ campus.

Highlander Staff

Brian Schoeni ADVISER

Gina Nordini EDITOR IN CHIEF
Lauren Hundley PUBLISHER
Nick Smith LAYOUT EDITOR

Shelby Wieman ONLINE EDITOR
Kaitlyn Strutt PHOTOGRAPHER
Ashley Karl ASSOCIATE EDITOR

STAFF WRITERS

Elizabeth Gendill
Jen Samano
Karli Denk
Sofia Torres
Steven Lorenzen
David Macias
Sneha Antony
Emily Barad

Questions, comments, and story ideas can be sent to highlander@regis.edu. The Highlander is a student-run publication and we are always happy to consider student, staff and faculty contributions. The Highlander is Regis University’s student run newspaper. The views and opinions presented in this paper do not represent the views of Regis University.

Check out our website:
www.ruhighlander.com
Contact the Highlander at highlander@regis.edu if you are interested in advertising in the Highlander. Please include the nature of your request in the subject line of your email. We hope to hear from you soon!

Social Media

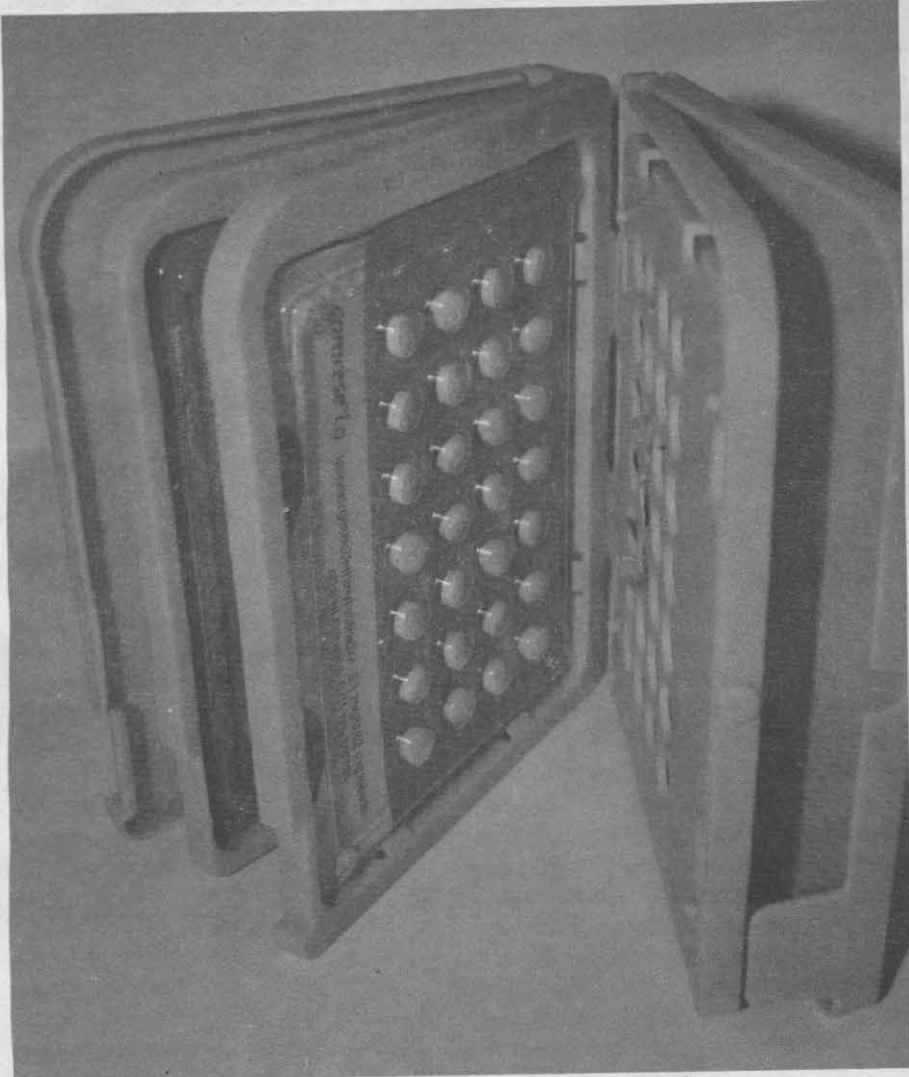
Facebook: [/regishighlander](https://www.facebook.com/regishighlander)
Twitter: [@RUHighlander](https://twitter.com/RUHighlander)

Cover Image:
Sofia Torres

#RUHighlander

ACA Alters Birth-Control Coverage

Mandates Impact Health Care at Regis University



Jen Samano STAFF WRITER

The rollout of the Affordable Care Act is bringing changes to healthcare and has forced Regis to find a balance between its roles as religious institution and employer.

In 2010, Colorado passed HB 1021, a law mandating prenatal and contraceptive coverage for females on group and individual health plans. Although Regis publicly opposed the law, the University, along with other Catholic employers, implemented changes in 2011.

Currently, employees and students who have health insurance through the University are on different plans, meaning both different coverage and different providers. Uninsured, full-time students are required to purchase coverage through Aetna Student Health, a group insurance plan. Under HB 1021, students on this plan no longer pay a deductible or co-pay for covered services such as generic contraceptive devices, generic contraceptive prescriptions and generic over-the-counter contraception.

HB 1021 and the ACA have no power over Regis' Student Health Services (SHS), which will continue its long-standing tradition of not being a resource for pregnancy prevention. This includes providing prescriptions, counseling or referrals. However, female students still have access to birth control prescriptions at SHS, as long as it is deemed a medical treatment.

SHS also provides sexually transmitted infections and diseases work-ups, which are covered under Aetna Student Health and available to all students, at varying costs.

Full-time employees are covered under a self-funded plan with United Healthcare as its third-party administrator, leaving them unaffected by HB 1021.

The Affordable Care Act, signed into law in 2012, affects all group, individual and self-funded insurance plans. A plethora

of for-profit and nonprofit religious employers filed lawsuits on the grounds that the contraception mandate violates their religious freedom.

In hopes that the definition of religious employer could be expanded to permanently exempt the University from contraceptive coverage, Regis took a temporary safe harbor, protecting it from enforcement action. Until 2014, safe harbors were granted to religiously-affiliated nonprofit employers that opposed the mandate.

But the definition of religious employer never changed.

Starting May 1, 2014, Regis' employee health insurance plans will cover contraception services for the first time.

Psychology junior Shaun McCullough questioned the new law.

"Why should a religious institution have to compromise what they believe in just because somebody else thinks they should provide it (contraceptive services)? There are clinics that they (employees) can go to and get contraceptives for free," said McCullough. "It's still an individual choice (to use birth control medicinally). I'm sure there are alternatives."

Implementation of the ACA will bring coverage to approximately 17 million American women and increase coverage for 30 million women who are already insured. Nationally, women make up the majority of healthcare consumers and pay the most out-of-pocket costs, which makes them most likely to defer treatment because of cost.

As a social justice oriented school, Regis isn't entirely opposed to ACA section 2713, like the fact that C-sections and sexual or domestic abuse are no longer defined as pre-existing conditions. The University and Catholic Church specifically oppose contraception coverage on the grounds that government is infringing on the constitutional right to religious freedom.

In an attempt to reconcile this constitutional dispute, the Obama administration amended the act to accommodate nonprofit religious institutions, exempting them from having to directly contract, arrange, pay for or refer contraceptive services. With this accommodation, Regis University is now exempt.

In other words, the accommodation is a sort of middle ground between healthcare and religious rights. Though Regis is required to provide insurance plans that include female contraceptive coverage, it is not required to provide or pay for any of those services.

So who foots the bill and provides the pill?

Employees seeking contraceptive services will incur no extra costs and will have a separate insurance card for such coverage, working directly with United Healthcare rather than Regis. During open enrollment this April, both Regis and United Healthcare must specifically notify insured employees of these changes and how to navigate them.

For this reason one sophomore majoring in political economy said the mandate isn't a violation of religious freedom.

"It's more of a formality really," said the sophomore, who asked not to be identified. "It's not going to affect women who identify as Catholic, because they're not being forced to use them (contraceptive services). It's going to mean a little bit more of a break for other women." She said most of the women she knows use hormonal birth control for other medical reasons, including the prevention of acne or endometriosis.

Senior math and computational physics major Samuel Cronk underscored the convoluted nature of the topic in Catholic communities.

"I feel like in our culture there's a problem with certain things being afforded readily to men and not being readily available to women," Cronk said. "Contraceptives are one of those things."

The controversy surrounding the ACA brings to light the politicized nature of something that many people say should be objective—publicly defining preventive care and health care rights for women.

According to Sister Peg Maloney, a religious studies instructor and acting mission liaison for the College of Professional Studies, it isn't necessarily traditional hormonal birth control that raises concern because so many women use it for other medical reasons. The nun of 34 years said the concern is that the ACA mandates coverage of emergency or artificial contraception, like Plan B and Ella.

Whether these prevent conception or induce abortion is highly contested among religious affiliates, politicians and even scientists. The Supreme Court took up the debate in March. For now, Regis is mandated to provide coverage for employees and students insured through the University.

Leaders like Maloney are concerned about the precedent set by Section 2713. She said Catholics fund many actions that they are morally and religiously opposed to, like paying taxes that go to capital punishment or war. But Catholics can't just

stop paying taxes, she said, as these are a point of necessary compromise in order to accommodate the rights of so many communities with varying moral stances, from Greenpeace to Quakers to Westboro Baptist Church.

Nonetheless, Maloney fears a slippery slope.

"What I see as attacking our religious freedom is not so much contraception," she said, "but where does it go after that? Are we going to be required to cover or pay for physician-assisted suicide? Abortion?"

But that view is not universal.

"Maybe it will alter it (Regis' Catholic identity). But it might not be in a negative way," said Audrey Huguley, a senior majoring in English and education. "I think the Catholic Church spends a lot of time focusing on all the things that they hate. They kind of miss the point. By letting this one go and accepting the fact that other people may care about things that they don't or won't care about ... it will probably help their image, if anything."

Sophomore math major and special education minor Joseph Armijo said that in the end, openness is the most important. "I've always been religious throughout my whole life," Armijo said. "But it's a personal choice. I think we should just be more open."

Maloney agreed that open dialogue is key, saying education and economic opportunity are the most important ingredients in empowering women and creating healthy families.

ACA Section 2713: Coverage Requirements for Women

- well-women visits
- gestational diabetes screening
- domestic and interpersonal violence screening and counseling
- breastfeeding support, supplies and education
- HPV DNA testing in women 30 and older
- STI counseling/HIV screening for sexually active women
- Sterilization procedures
- FDA-approved contraception methods, education and counseling

ACA Contraception Mandate Coverage for Women

- No type of insurance plan or provider is allowed to charge women extra costs like co-pays or deductibles for the aforementioned services and devices
- Includes:
 - hormonal birth control methods like the pill or ring
 - copper, hormonal and emergency contraception IUDs
 - sterilization procedures
 - counseling, education and referrals concerning methods and devices
 - emergency or artificial contraception methods such as Plan B, ella and certain types of IUDs

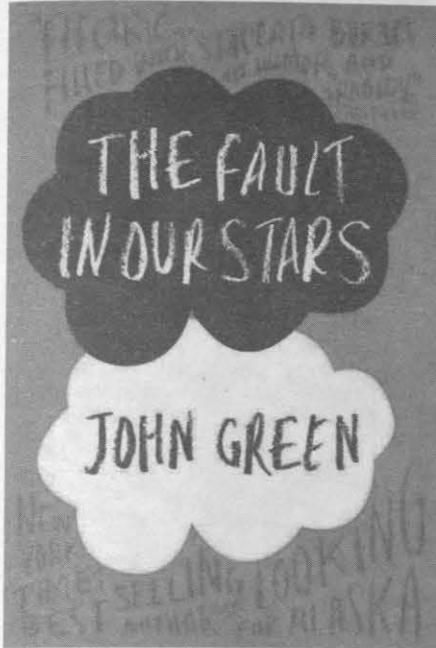
Must-Read Books

David Macias STAFF WRITER

Summer is just around the corner and this is a great opportunity to catch up on leisurely reading. There are a lot of

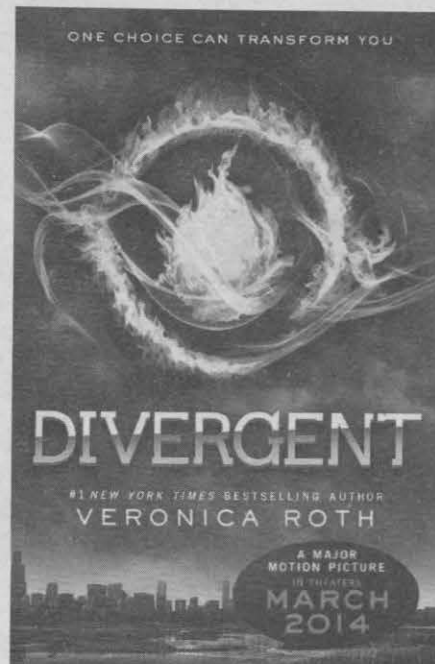
good books that have received a lot of attention recently that most students just weren't able to read because of school, so here's a short list of the top books that you might like to read soon. Or you can watch

the film adaptation and pretend you read it! All of these have recently been made into movies that are out now or scheduled for release soon.



"The Fault in Our Stars" by John Green

Considered one of the very best books, it will give you the chills like never before. A Goodreads Choice winner in 2012, it is the story of Hazel who has been diagnosed with a terminal illness. But when Augustus Waters pops into her life, it changes her story forever. A New York Times bestseller if I've ever read one.



"Divergent" by Veronica Roth

In a dystopian world, everyone is divided into different factions. Each one is raised to cultivate the skills that define their faction. Everyone takes a test to determine what faction they are in at the age of 16, but Beatrice's test is inconclusive, making her a divergent. What this means and the consequences of this unravel throughout the duration of the book. This novel, too, is a New York Times bestseller.



"The Goldfinch" by Donna Tartt

Theo is thrown into the art underworld when he survives an accident that ends his mother's life. She leaves behind a painting, his only remembrance of her, that throws him into a world that might bring more than expected. A New York Times bestseller and a book you'll want to read at least once more, it's definitely a great summer read.

Score Your Dream Internship

Emily Barad INTERN WRITER

With summer only weeks away, now is the perfect time to start searching for an internship. Here are some tips to help you score your dream internship.

1. Make a List: Figure out which types of internships will help you advance in your career field, where you want to go and what companies you might want to work for.

2. Start to Research: Having knowledge about the companies you are interested in will help you in the long run. Interviewers will expect you to already know about their company so it's important to be prepared.

3. Meet with the Internship Office: The

internship office is in Loyola 1 and it is strongly encouraged that you schedule a meeting with them. You can either email Mindy Taylor at mtaylor004@regis.edu or stop by and make an appointment.

4. Sign Up For an Internship Website: Taylor can direct you toward a variety of websites that help make the search for internships easier. Indeed.com and Internship.com are two of many.

5. Create a Resume: The good thing about Internship.com is that it allows you to create a resume on the website and then sends the resume to the companies that you wish to intern for, meaning you don't have to fill out an entire application for each internship. Career Services is another place

where you can take your resume to have it critiqued.

6. Have Several Options: The worst mistake you can make is applying to only one internship. Apply to at least five; having a variety is always a better bet.

7. Interview: If and when you get an interview, make sure you look good. Professional appearance is key.

8. Be You: Trying to be someone you're not is exhausting, and when applying for a job or an internship it's important to relax and trust that you've properly prepared for this opportunity. Be yourself and learn from whatever comes your way.

Ranger Week 2014—Activities Schedule

For over 50 years now, Programming and Activities Committee has put on Ranger Week, one of the biggest events of the year.

From powder puff games to Ranger Day, the week is packed full of enough activities to keep you busy between classes. Ranger Week also marks the end of the year; it's only two weeks before finals.

Monday, April 7

Powder Puff Game
on the West Fields at 4 p.m.
Co-Sponsored by Wellness and Recreation

Tuesday, April 8

Volleyball
on the Beach at 4 p.m.

Capture the Flag
on the Beach at 8 p.m.
Co-sponsored by Office of Residence Life, Housing and Event Services

Wednesday, April 9

Jim Wand the Hypnotist
in the Field House at 8 p.m.

Thursday, April 10

Dance-Off
in the Mountain View Room at 8 p.m.
Co-Sponsored by Multicultural Affairs Committee

Friday, April 11

Mr. Regis
in the Field House at 7:30 p.m.
Followed by fireworks at 9:15 p.m. on the West Field
Co-Sponsored by Student Involvement Committee

Saturday, April 12

RANGER DAY
on the Beach from 12-5 p.m.

Tocabe

An American Indian Eatery



Karli Denk FOOD CRITIC

I have heard countless students rave about how delicious Tocabe is, yet I was extremely skeptical about a Native American restaurant. But I decided to try it anyway.

The drive from campus was very short and the parking was conveniently located directly behind the building. I was thoroughly impressed by Tocabe's décor; the art stayed true to Native American culture while remaining unique and modern. When I went to order, my friends and I were very nervous since we had never tried this type of cuisine. However, the employee who made our food was extremely pleasant and explained the menu items. Ordering the food was very similar to the process at Chipotle or Qdoba where you pick and choose what you wanted on your plate.

We had medicine wheel nachos, Indian tacos, and a melting pot salad, and I must say it was the most unique meal I've had in a long time! The tacos were by far my favorite because the fry bread added a whole new twist to what could have been an amazing salad. In addition, the fry bread that comes with the melting pot salad was great for dessert! All of the tables have bottles of honey that pair beautifully with the bread for a delectable treat.

Overall, I thought Tocabe was a fantastic place to grab a quick bite with great friends. It is conveniently located near campus, has a welcoming environment and is affordable for any college student.

Tocabe is open Monday through Saturday, 11 a.m. to 9 p.m. and Sunday, 12 p.m. to 8 p.m.

3536 W 44th Ave.
Denver, Colo. 80211
(720) 524-8282



Hike to Hanging Lake

No Need to Get Cold Feet

Sofi Torres STAFF WRITER

For those students from out of state, like me, I'm sure you are interested in what Colorado has to offer within a fairly close radius of campus. We always hear how Colorado is "God's country" and one of the most beautiful places in the nation, so who wouldn't want to explore it?

I was able to experience one of those beautiful natural wonders that make Colorado so well known for its scenery. I traveled to Hanging Lake in Glenwood Canyon, which is outside of Glenwood Springs. The drive is about three hours each way via I-70. The drive itself is beautiful once you get to Glenwood Canyon; the trail leading to the lake is only a mile up into the canyon.

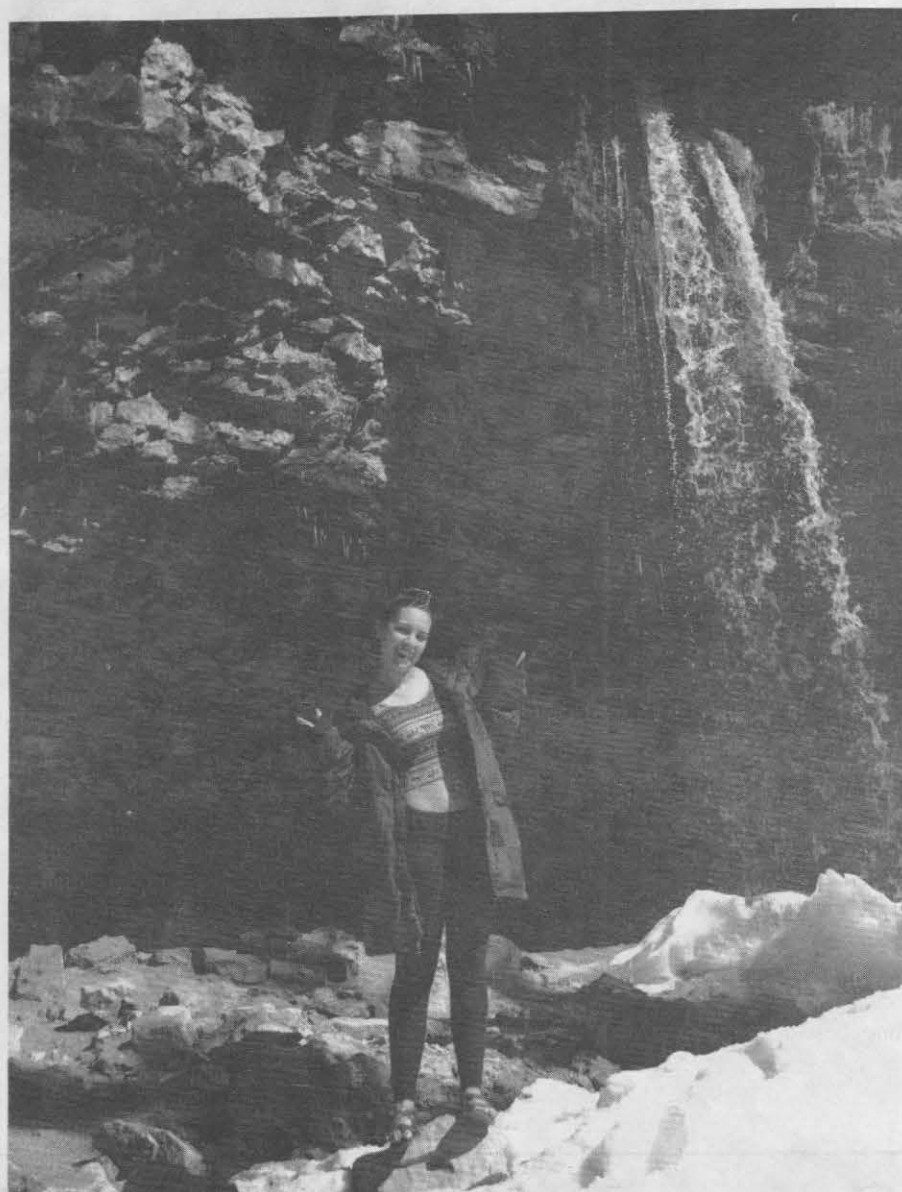
I had an interesting experience because I went in the winter after it snowed and I was wearing Chacos. For those who are unfamiliar with the world's most amazing pair of sandals...that's just what they are: sandals. Chacos are made for the outdoors and hiking, so I figured they would be fine. I hike in them a lot anyway. What I did not take into account was the snow and ice on the trail. I singlehandedly turned a 30 minute hike into a 2.5 hour one, simply because I was slipping, sliding and falling everywhere while my feet were absolutely frozen. Needless to say, the hikes up and down from the lake were quite challenging and I felt terribly bad for my friends because I was holding them back, complaining and

throwing in quite a few swear words. I'm still covered in bruises!

After all of my complaining, ranting and falling, we finally made it to the lake and all of those negative things I had been feeling were gone. I was absolutely speechless. Hanging Lake is magnificent because it is actually two lakes buried among the Glenwood Canyon. The first lake you come to on the trail is the lower of the two where two waterfalls fill the lake and the water is so clear you cannot even judge the depth of it. The lower lake faces the canyon and snow-capped rocks in the middle of the mountains surround it, which is most definitely a sight to see.

The next lake, which feeds into the lower one, is further up the trail. The water actually comes out of the side of the mountain face over a cave that you can walk into, producing this waterfall that then fills its own lake before making the two waterfalls that flow into the lower lake. Since I visited in the winter, water supply was low, but it was amazingly beautiful to see the contrast of the trees and water with the ice mounds and snow. It was winter, spring and summer all in one place and it was incredible.

I highly recommend anyone and everyone visit Hanging Lake; just make sure to wear appropriate footwear and dress accordingly!



Sofi Torres — in her Chacos — at Spouting Rock at Hanging Lake. Photo courtesy of: Sofi Torres

Crew Serious About Recycling on Campus

David Macias STAFF WRITER

On occasion students voice concerns that the janitors and maintenance crew around campus don't distinguish the recyclable materials from trash. Students worry that the crew combines everything and throws it all in the trash for the sake of convenience.

In reality, they do recycle and they do separate the recyclables from the trash. There are a total of six different locations where you can drop off your recyclables.

Waste Management of Colorado will pick the recycling up directly on campus. Locations for recycling are located:

- Behind O'Connell and DeSmet Halls
- North of the Residence Village
- West of Main Hall
- Behind West Hall
- Behind the Student Center
- Southeast of Claver Hall

Ala, one of the full-time custodians on campus, finds the rumors rather comic

because she can't believe that people might think the recycling isn't actually being recycled.

"What we do is put the recycling from every room into a separate large recycle bin. We do the same for the trash but obviously place it in a different bin to be thrown away" Ala said. "We deposit the contents of the large recycle bin behind the Student Center where it's picked up by WM from there. We take trash behind DeSmet for it to be thrown away."

For many people, recycling is something of great concern, and the custodians who work to keep the University as green as possible are no exception. How could a university based on sustainability and growth, whose campus is an arboretum, not recycle? Rest assured, your paper is being recycled for Mother Earth and your trash is being dumped separately. If you still have concerns, you are always welcome to visit any of the six recycle depositories listed above and recycle for yourself.

MIT Scientists Discover New State of Matter

David Macias STAFF WRITER

Most students learn the basic three states of matter in middle school: gas, liquid and solid. It's possible that rising classes will now learn of a 4th state of matter: heating up a gas to the point where its molecules ionize and positive and negative particles remain in an electrically neutral medium called plasma.

The fact of the matter, literally, is that scientists at MIT have discovered a new state of matter. A team led by Harvard Professor of Physics Mikhail Lukin and MIT Professor of Physics Vladan Vuletic were able to manipulate photons in such a way that forced them to bind and form molecules. This had only been seen as a theoretical possibility until now.

This discovery is also unique as it pertains to the nature of light. Light is a massless particle called "the photon that doesn't interact with its own kind." In other words, shine two flashlights or two lasers at one another and the lights just pass through each other.

So what are these photonic molecules like? Star Wars fans rejoice: they are like light sabers! But before you go to MIT begging them to make you a futuristic weapon, understand this: the light saber is not an apt analogy for this new state of matter; it's only the closest thing to describe it. Photonic molecules are more like a medium in which photons themselves weave themselves and relate with other photons.

Lukin and Vuletic were able to produce this new effect by cooling rubidium atoms to a few degrees above absolute zero and then beaming a slow-phased laser at the cloud of cooled atoms. This shoots single photons into the cloud that excites the atoms around it. When a photon enters the cloud, it sends energy to the atom around it. This process causes the atoms around that atom to pass energy back and forth. This is possible due to an effect called the Rydberg blockade. When you have photons that enter an atomic cloud, the first photon excites an atom, but it moves out of the way before another photon can come in to do the same. Photon after photon goes into the cloud just to exit, having excited the entire atomic cloud. When photons then enter the cloud, the bouncing and energy

they give off manipulate the atoms. These atoms interact with the next photons that enter. The photons are stuck in a photon-atom-photon relationship that causes the photons to group and interact with each other directly.

The knowledge of photonic molecules could have great applications in the world of quantum computers, especially if physicists can imprint information on the photons or the atomic cloud because it could speed up quantum computer information relaying. As a result, quantum computers could take a greater step towards coming to our front door. We might not get a light saber until far in the future, but this is a great step in physics future.

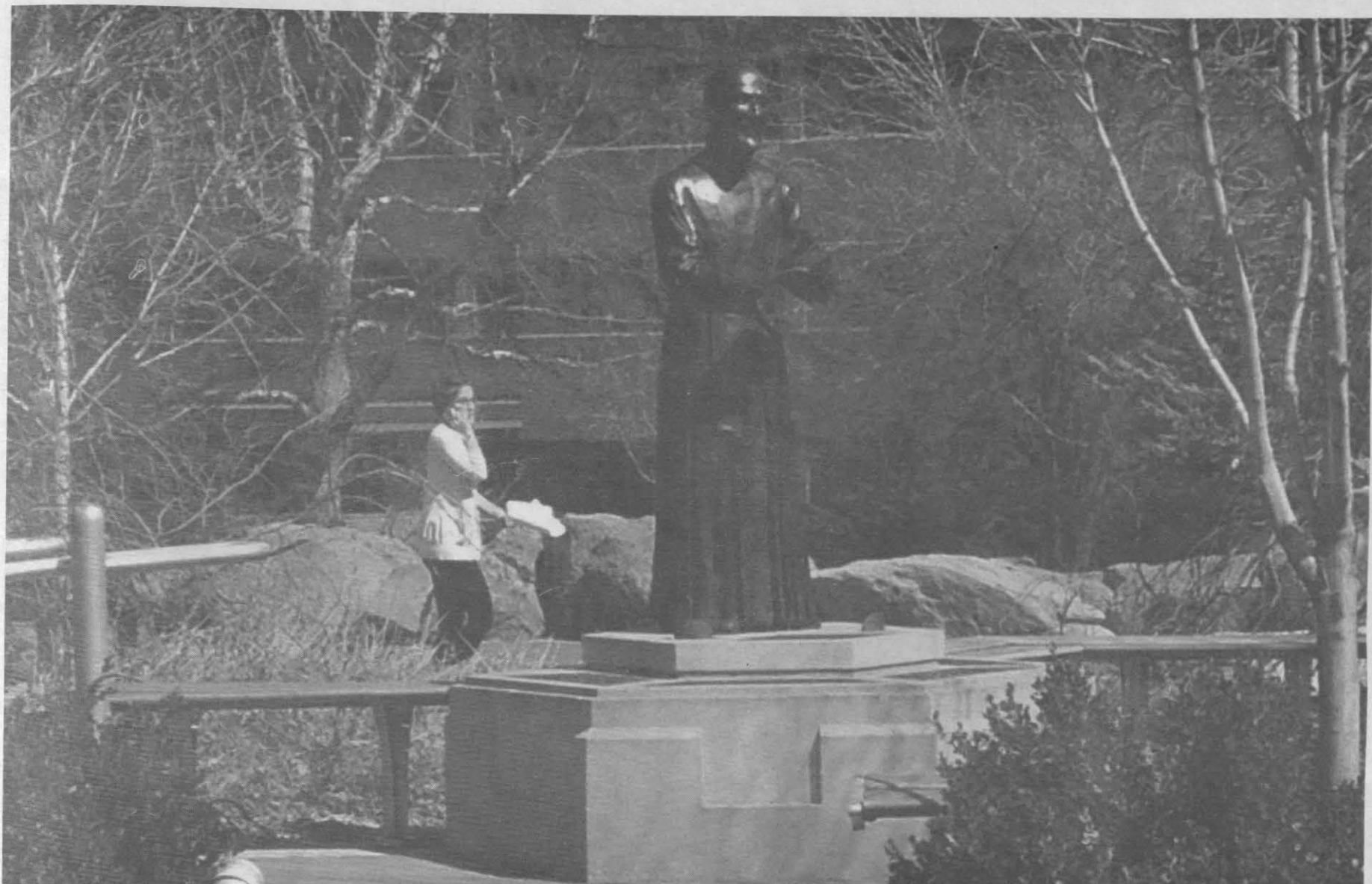


Photo: Gina Nordini

The Difference Between a Tie and Collar

Jesuit Roles Evolve at Regis University

Gina Nordini EDITOR-IN-CHIEF

The Regis community was hard-struck by the passing of Fr. Charles Shelton, S.J. in January. The death of this well-loved and highly respected man raises concerns for the very identity of Regis University. Shelton was one of a dwindling number of Jesuits that served in the classroom, and so the Jesuit-ness of Regis takes on new interest.

As Dr. Dan Wessner, chair of the politics department, puts it, "A week can pass with my not crossing the path of a Jesuit on campus other than the statue of Fr. Ignatius Loyola outside of Carroll Hall."

In its earlier years, the teaching faculty of Regis University (formerly Regis College, and Sacred Heart College prior to that) was composed almost entirely of Jesuit priests. But as the number of men entering the Jesuit society decreased, Jesuit schools across the nation faced the question of

what it means to carry on their tradition.

Fr. Barton Geger, S.J., director of Ignatian Spirituality Programming, is well aware of the challenges.

"The first question that we had to face, and we had to start facing this about 40 years ago," Geger said, "is do we pull out our Jesuits altogether from certain schools and just concentrate them in a couple schools, and then the ones that we pull out of, do we just stop calling them Jesuit?"

Another option for addressing decreased Jesuit numbers is "to just have one, two or three Jesuits at each school and have them entrust the mission to our lay colleagues, have them train our lay colleagues in what the Jesuit mission's all about, and then trust that they can help us keep it going," said Geger. "And we eventually decided to go the second route."

While some Jesuit schools across the

nation are now led by lay people, Regis's president, Fr. John Fitzgibbons, S.J., is a Jesuit. In regards to faculty, Shelton became the last tenured Jesuit professor when Fr. Jim Guyer, S.J. retired from teaching in 2013.

Junior James Persichetti took one of Guyer's last class offerings, a survey of Asian history through the 1800s, offered in fall 2011.

"[Guyer] had a very interesting, but I don't think biased, necessarily, take when he'd talk about when the Jesuits came to Japan and China, and you could tell that he was passionate about it, especially with the Jesuit connection to these histories," Persichetti said.

Very few of Regis' students have had the opportunity to study in a priest's class, although their opportunity may be coming soon. In August of the upcoming academic year, Fr. Dirk Dunfee, S.J., will begin teaching in the Rueckert-Hartman College for Health Professions. Additionally, Geger, who formerly taught one class per semester, will take on two courses. But maybe Jesuit priests in the classroom are not the best way of carrying on Ignatius' mission.

"We talk about the Jesuit mission all the time right now on campus, and we train our teachers...nobody did that 50 years ago. The mere fact that everybody was a Jesuit 50 or 60 years ago, they took it for granted that it was a Jesuit school...but now we have any number of lay teachers and students for that matter who can really explain the primary values of the school, how it ties into the Jesuit mission," Geger said.

Regis students themselves recognize the efforts of lay faculty to embody the Jesuit mission. "Even though they're lay people, they have a very strong sense of what the

Jesuit tradition is, and in every one of my classes, from lay professors or priest professors, that emphasis on Jesuit ideals in all things really hits home," Persichetti said.

Even when priest representation is limited, the Jesuit mission influences all aspects of the university. "I am nonetheless affected by their presence and the mission they set in motion one-half millennium ago," Wessner said.

"That being said," Geger said, "we still say that it's really important to have Jesuits at a school because they're going to have a background and familiarity with it in theory that most other people won't, and it's important for people at the morale level and the psychological level to see guys in collars walking around, to remind them that this is a Jesuit school. There's a huge symbolic importance."

At the end of the day, the question of the need for Jesuits offers no easy answers. Yet Regis' religious tradition remains at the forefront, and priests and lay faculty alike embrace this tradition.

"I have seen over and over again students who are on campus who are deeply changed by either a Jesuit teacher or a lay teacher who really gets the mission," Geger said. "Helping students to find a deep sense of meaning in their lives, giving them a reason other than habit or debt for getting up each morning, helping them to believe in themselves, and getting them that sense of social responsibility...when I see that change in students it is absolutely amazing, and I see it every day."

We talk about the Jesuit mission all the time right now on campus, and we train our teachers... nobody did that 50 years ago.

— Fr. Bart Geger, S.J.

Kendra's Korner

Kendra Tyboroski
FOREIGN CORRESPONDANT

Highlander staff writer Kendra Tyboroski is spending her spring semester studying in Paris, France. She shares some of her insight on the European culture.

5 Differences Between France and The United States

It goes without saying—a different country means different cultural norms—but maybe the conventional stereotypes of the French are not the most obvious. The French are not as rude as Americans say, and the city is not as magical once you step in dog poop. Here are the five biggest differences I observed between the U.S. and France:

1. The French smoke. A lot. Nearly all 20-somethings on the Institut Catholique campus smoke. While the French will give means looks if someone eats a candy bar in the Metro, lighting up a cigarette 100 times a day is a social norm.
2. Meals are not just about eating. All dinners last nearly two hours, and include bread, cheese, a main course, dessert and more cheese. Meals are more of a social event than anything, and a rushed meal is a huge faux pas.
3. Coffee is better. So much better. Richer, darker, more like your dream husband. And it is available everywhere, even in vending machines.
4. American institutions are fancier, more expensive and still popular. No mystery chicken at McDonald's, 5 euro tall Carmel Macchiato, and 8 euro Pop-Tarts. Not worth it.
5. Honesty extends beyond politeness. If someone asks for an opinion, expect the truth. No sugarcoating here.

Dutch Pancake



During my time in Amsterdam, I visited the Anne Frank House, Van Gogh Museum and more. While the whole trip was amazing, the food was perhaps the most amazing of all. The Pancake Bakery, a historic Dutch pancake and omelet house in Historic Amsterdam, was remarkable.

What is a Dutch pancake?

It is magic. It is a cross between a crepe and an American pancake with the strangest and most delicious toppings. The France Pancake: honey, goat cheese, and pine nuts. The Hawaiian: cheese, pineapple and bacon. So essentially, a college kid's dream. This is too good to not share. After a chat with the owner, he agreed to give out a recipe for the Dutch pancake. Add any toppings and enjoy!

Ingredients:

½ cup milk
½ cup sifted all-purpose flour
1 pinch nutmeg
1 pinch salt
2 tablespoons butter
2 tablespoons powdered sugar (optional)

Directions:

Place skillet in an oven preheated to 475 degrees Fahrenheit.
Whisk eggs, add milk and gradually add dry ingredients.
Remove skillet from oven and reduce heat to 425 degrees Fahrenheit.
Melt butter in skillet, then pour in all the ingredients.
Bake until puffy (about 12 minutes).

Enjoy!

Statue of Liberty in Paris?

The Statue of Liberty in New York has sisters in Paris. Two replicas of the Statue of Liberty are in Les Jardins du Luxembourg and near the Grenelle Bridge, respectively. The statue near Grenelle Bridge stands nearly 40 feet tall, and faces the Seine River, looking toward the Atlantic and its "larger sister."

Who says French and Americans don't love each other?



Not Jim Morrison's Doors

Paris: a city where seemingly every nook and cranny is full of history and rich in design. Some may even consider the city a bit magical—disregarding the men peeing in the streets, bien sur! Perhaps one of the most enjoyable facets of Parisian architecture lies within doors. Many doors are enormous, detailed and stunning, particularly in comparison to my home state where doors are mainly an afterthought.

The Boulevard Saint-Germain is a long street on the left side of the Seine houses, beautiful cafes, fun bars and amazing shopping. Karl Lagerfeld, Ralph Lauren and Louis Vuitton all have shops here. It is an area rich in French culture and history, and was therefore a perfect pick for this showcase of Paris doors. Enjoy!

